



INTRODUCTION TO RESEARCH (BMHP5005)

ASSESSMENT 2: VIVA VOCE

THE IMPACT OF SCREEN TIME AND TECHNOLOGY ON CHILDREN'S WELL-BEING

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INTRODUCTION



The purpose of this literature review is to examine and give us more information about how screen time affects children and their relationships with parents and friends.



The aim of it is to explore and show the impact of screen time and technology on child well being in terms of their physical and mental health, and social connectedness.



The Objectives of this literature review are to identify and analyse the findings, based on the studies, relevant to the topic.

METHODS

This study is a systematic literature review for which Pubmed was used as database.

KEYWORDS

Screen time
Electronic devices
Internet
Children and families
Well-being
Physical and mental health
The effect of technology on
children
Physical activities
Dietary behaviour on children

INCLUSION CRITERIA

Primary research
Peer-reviewed articles
Publications only in English
Focusing on United Kingdom
For the period between 2016-2021

EXCLUSION CRITERIA

Books
Dissertation
Publications before 2016
Meta-analysis
Systematic reviews

LITERATURE REVIEW

Author(s), title, and year of publication	Aim of study	Methods and Sample size and characteristics	Summary of main findings
Jasmine N. Khouja, Markus R. Munafo, Kate Tilling, Nicola Wiles, Carol Joinson, Peter Etchells, Ann John, Fiona Hayes, Suzanne Gage, Rosie Cornish. Is screen time associated with anxiety and depression in young people? Results from a UK birth cohort (2019)	To look into the connection between screen time and mental health issues in the newer generation.	Mixed method: Survey - questionnaire and interview • 14,665 children and their families • 7 - 18 years, <25 - 30+ • Families with 7 - 18 years old children	Children's growing usage of different electronic devices is linked to the increase risk of emotional problems.
Lizzy Winstone, Becky Mars, Claire M. A. Haworth and Judi Kidger Social media use and social connectedness among adolescents in the United Kingdom: a qualitative exploration of displacement and stimulation (2021)	To research and understand the relationship between the use of social networks and emotional and personal connections through the view-point of children om South-West England.	Qualitative method: interview • 24 children (Year 9 students) • 13-14 years old children, 19 girls and 5 boy	There are many links between the utilization of social media in a positive way, e.g. allowing family an friends to stay connected. However, social media also has its disadvantages which can be extremely harmful, e.g. the negative messages that can be said behind a screen (cyberbullying), which affect youths mental health and can lower their self-esteem.

LITERATURE REVIEW

Author(s), title, and year of publication	Aim of study	Methods and Sample size and characteristics	Summary of main findings
Natalie Pearson, Stuart J. H. Biddle, Paula Griffiths, Julie P. Johnston and Emma Haycraft Clustering and correlates of screen-time and eating behaviours among young Children (2018)	The aim of this study was to examine the relationship between children's screen usage and their bad eating habits.	Mixed method: Cross-sectional – questionnaire • Parents of 126 children, from the UK, aged 5–6 years (49% boys) • 5-6 years old and their parents	The parents role model has been found as a significant effect on their children's screen time and unhealthy food preferences.
Robert Beech, Fraser Philp, Anand Pandyan and Michael McCluskey Evaluation of parental attitudes on the use and effect of technology on physical activity levels in children aged 7 to 11 - A knowledge elicitation study (2021)	This study was to evaluate parental behaviour on toward the usage of technology and their influence on children's physical activities.	Mixed method: Web-based questionnaire • 231 children and their parents/ carers/guardians • Children 7-11 years.	Every day children have access to a different devices. Most of the parent don't feel that screen time and technology had an negative impact on their children's physical activities. However, the eventual negative impact according to the rest of the parents, can be reduced with access rules such as – limiting the time that they're allowed to use technology. They can be supported by offering rewards to motivate them to be active.

RESULTS

Synthesizing the information based on the finding from the four studies we can say that technology is becoming a constant part of our lives and the lives of our children. They impact our daily lives in positive and negative ways.

Technology and screen time have advantages and disadvantages on the younger generation.

- **Some of the positive aspects are:** they allow families and friends to stay connected, develop creativity, discipline, and make children more successful in life.
- **On the other hand some of the negative aspects are:** technology and screen time are linked to increase the risk of emotional problems, limit physical activity, develop unhealthy eating preferences that can cause health conditions.

In all 4 studies we found themes, that can be useful for the health and social care sector.

The main themes that have been identified are:

- Children use technology to cope with negative feelings.
- Parental Tv viewing behaviour and habits potentially transfer to children's health behaviour.
- There is association between screen time and lower intake of fruit and vegetable consumption.
- Different types of screen time have different effects on children in terms of wellbeing and poor mental health.

DISCUSSION

Childhood and early adolescents are very important period for social and emotional development. (Mcdool, *et al.*, 2019).

- The era that we live is ruled by technology and it's constantly evolving in a variety of different aspects.
- The findings from the current studies are important for health and social care because they allow us to research and examine the consequences of overusing technology and its harmful influence.
- Studies confirmed that children who spend a lot of time online and watching Tv are a lot more likely to develop mental and health problems such as risks of overweight and obesity, Type 2 diabetes, insulin resistance, sleeping problems etc. In terms of their mental health exceed screen time increase negative emotions such as anxiety and depression, overthinking, loneliness, lower their self-esteem and achievement at school.
- Previous studies discussed the increasing prevalence of sedentary behaviour as 'global public health concern'. (Arundell *et. al*, 2020). Sitting at home in front of the screen affects children physical and mental health.

CONCLUSION

In summary, we can conclude that increase use of technology and screen time affect children's mental health and wellbeing in a positive and negative ways. It is mainly associated with the drawbacks which are the risks of developing symptoms of mental illnesses and physical health issues. However, on the beneficial side technology and screen time usage can be very helpful in staying connected with friends and family. It can grant a way for children to explore and learn a range of new things that can allow them to develop as a successful person.

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